ASK ME 3 EDUCATIONAL PROGRAM FACT SHEET

*What is **Ask Me 3**?*

Ask Me 3 is a new patient education program designed to promote communication between health care providers and patients, in order to improve health outcomes.

Ask Me 3 encourages patients to understand the answers to three questions:
1. **What is my main problem?**
2. **What do I need to do?**
3. **Why is it important for me to do this?**

*How should **Ask Me 3** be used?*

Patients should be encouraged to ask their providers these three simple but essential questions in every health care interaction.

Likewise, providers should always encourage their patients to understand the answers to these three questions.

*Why is **Ask Me 3** important?*

Asking 3 can foster clear health communication between patients and providers. This can help patients better understand and act on health information, which can lead to better health outcomes.

Studies show that people who understand health instructions make fewer mistakes when they take their medicine or prepare for a medical procedure. They may also get well sooner or be able to better manage a chronic health condition.

-more-

*Who created **Ask Me 3**?*

Ask Me 3 is a program developed by the **Partnership for Clear Health Communication** to increase clear communication between health care providers and patients, and to address the issue of low health literacy and its impact on health. *Health literacy* is the ability to read, understand and act upon health information.

The **Partnership for Clear Health Communication** is a coalition of national organizations that are working together to promote awareness and solutions around the issue of low health literacy in order to improve health outcomes.

Partnership Steering Committee Members:
American Federation for Aging Research
American Medical Association Foundation
American Nurses Association
American Pharmacists Association
American Public Health Association
David Baker, MD
California Literacy, Inc.
National Alliance for Caregiving
National Alliance for Hispanic Health
National Association of Community Health Centers
National Coalition for Literacy
National Council of La Raza, Institute for Hispanic Health
The National Council on the Aging
National Health Council
National Medical Association
Janet Ohene-Frempong, MS
Partnership for Prevention
Pfizer Inc
ProLiteracy Worldwide

The members of the Partnership serve consumers, public health officials, health care professionals, health educators, literacy specialists, patient advocates and caregivers, health associations and policy makers.

-more-

How can I learn more?

The **Partnership for Clear Health Communication** and its individual members are committed to offering free and low-cost resources and programs that deliver information, medical education and practice management tools to providers of care and information to patients.

Materials to implement the *Ask Me 3* program, as well as research studies, a white paper, fact sheets and other resources are available for free download at www.AskMe3.org.

Also available at www.AskMe3.org are additional literacy resources, explanations of clear health communication techniques and examples of simple interventions.

# # #